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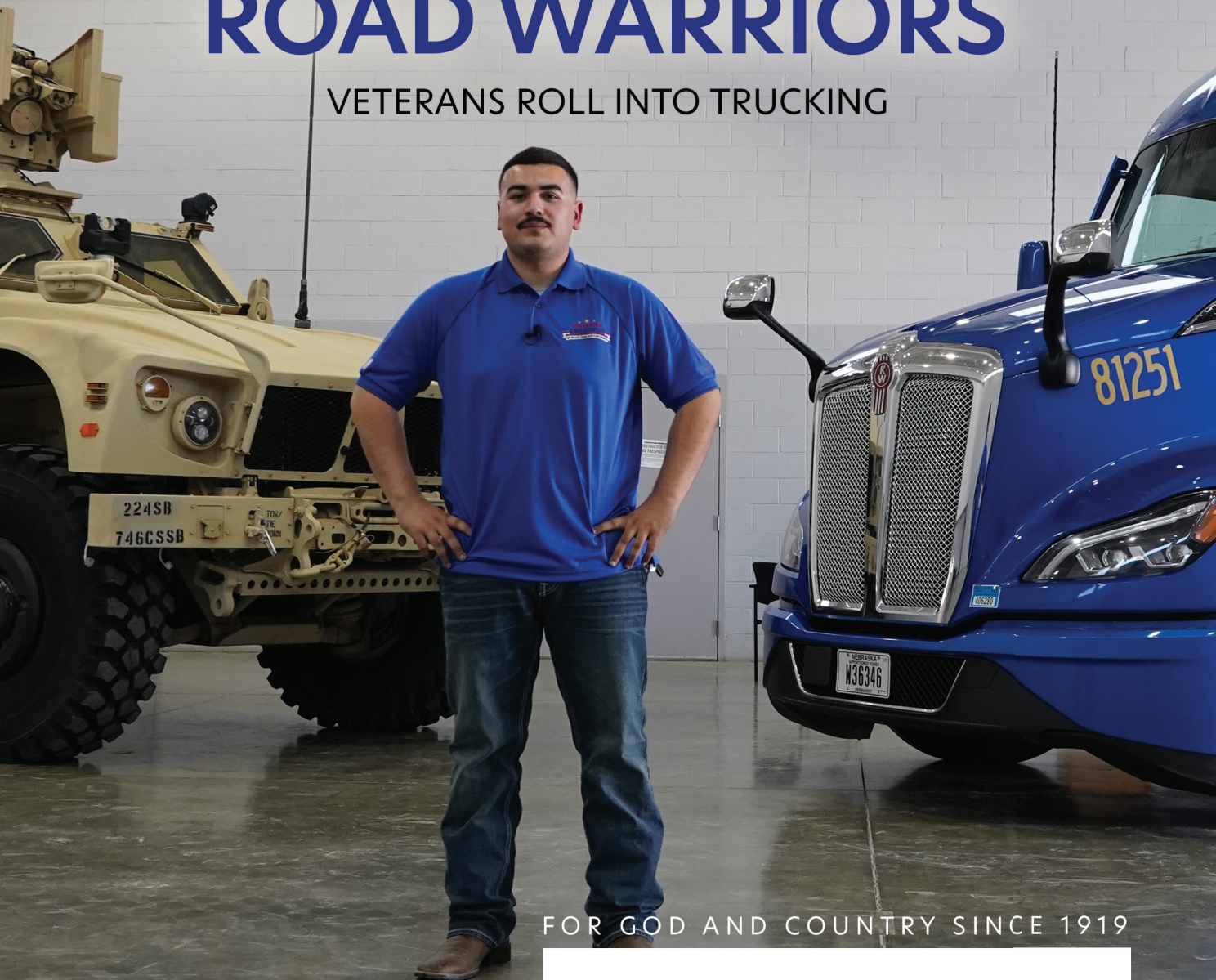
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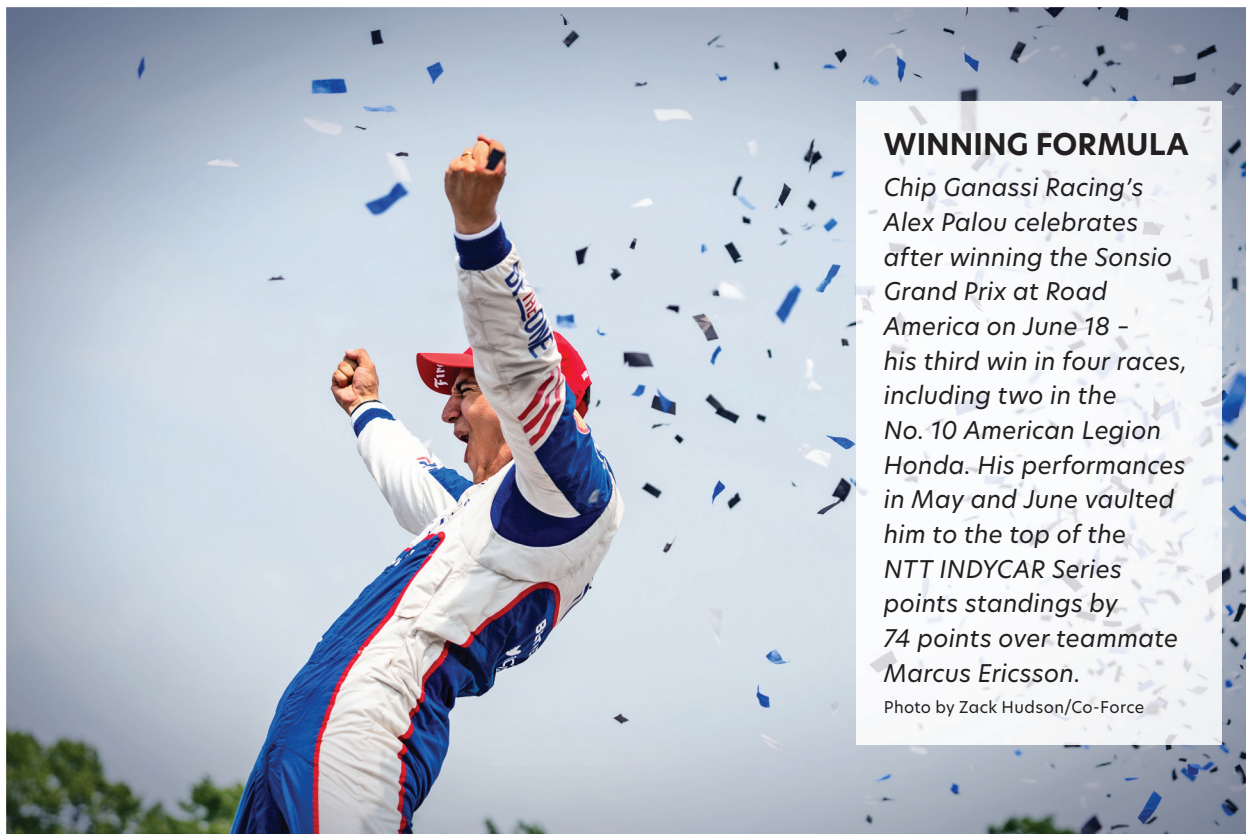
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WINNING FORMULA

Chip Ganassi Racing's Alex Palou celebrates after winning the Sonsio Grand Prix at Road America on June 18 – his third win in four races, including two in the No. 10 American Legion Honda. His performances in May and June vaulted him to the top of the NTT INDYCAR Series points standings by 74 points over teammate Marcus Ericsson.

Photo by Zack Hudson/Co-Force



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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.6 million members. These wartime veterans, working through more than 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.



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A VA system worth celebrating

The Department of Veterans Affairs (VA) recently released results from a nationwide Medicare survey of hospital patients. Unsurprisingly,

VA medical centers outperformed others by sizable margins.

Key findings include:

- 72% of VA hospitals received four-star or five-star ratings for overall performance, compared to 48% of non-VA facilities
- VA outperformed other hospitals 87% to 48% in “communication with doctors”
- “Responsiveness of hospital staff” – 63% for VA vs. 34% for non-VA facilities
- 76% of veterans responded positively about their “willingness to recommend the (VA) hospital,” compared to 52% of non-VA patients, regarding their hospitals

Such ratings have been common in recent years. Phillip Longman’s 2007 book “Best Care Anywhere” documented the turnaround VA made over previous decades, from something of an embarrassment into a national model – an ascension we can all be proud of. For sheer size and volume, little else in the world of health care compares. VA operates 171 medical centers and 1,113 clinics that serve some 9 million veterans, all with unique conditions. And, as surveys continue to show, veterans cherish it.

The American Legion has spent decades fighting for adequate funding, quality and reasonable access for veterans in an ever-changing medical landscape. At times, we had to fight for the very existence of VA as we know it. It’s a good thing we did. VA health care works because it is a perpetual work in progress, dependent on responsible governance, a passionate workforce and stakeholders like us, who can knowledgeably voice concerns to those who can effect change. Our list of ways to improve it is always full: better services for women, improved mental health offerings, infrastructure, recruitment and more.

VA may never be perfect, but it can only get better when we know the issues, set priorities and speak out for a system that is worth celebrating.

THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

NATIONAL COMMANDER Vincent J. Troilo
PUBLISHER The American Legion
DIRECTOR OF MEDIA & COMMUNICATIONS Jeff Stoffer
DEPUTY DIRECTOR OF MEDIA & COMMUNICATIONS Henry Howard
MANAGING EDITOR Matt Grills
ASSOCIATE EDITOR Laura Edwards
ADMINISTRATIVE COORDINATOR Katherine Chrisman
VISUAL TEAM MANAGER Holly K. Soria
GRAPHIC DESIGN SPECIALIST Celesta Török-Lee
MULTIMEDIA CONTENT PRODUCER Hilary Ott
MULTIMEDIA CONTENT PRODUCER Jennifer Blohm
PRODUCTION MANAGER Tony Heath
CONTRIBUTING EDITOR Alan W. Dowd

ADVERTISING
ADVERTISING MANAGER Diane Andretti
ASSISTANT ADVERTISING MANAGER Chris Elliot

HOW TO CONTACT US
AMERICAN LEGION MAGAZINE
 P.O. Box 1055
 Indianapolis, IN 46206
EMAIL: magazine@legion.org
TELEPHONE: (317) 630-1272
WEBSITE: legion.org

ADVERTISING SALES
 James G. Elliott Company, Inc.
 NEW YORK: (917) 421-9055
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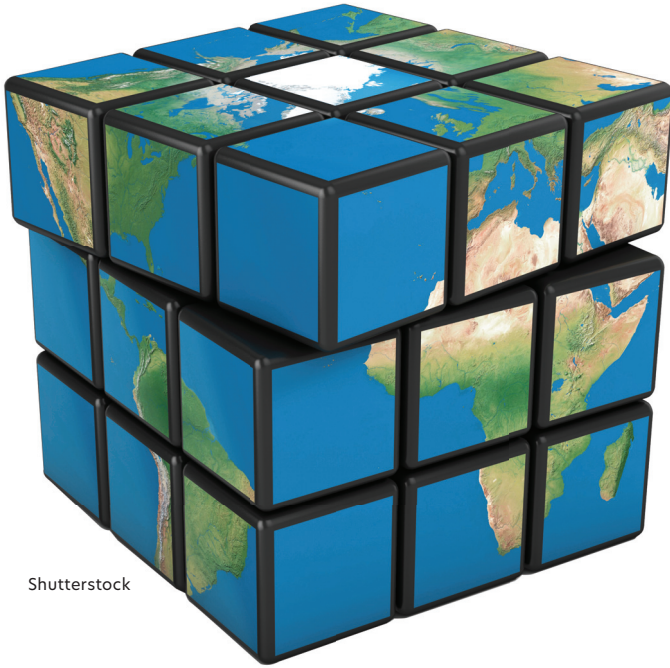
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Out of Order

This article (June) was spot on. We are on the verge of giving up all that was fought for and won. While Alan W. Dowd covered all the usual suspects in his thought-provoking article, he left out the primary culprits: our own elected officials. History will marvel at how the United States allowed itself to become a banana republic and embrace lying, cheating, egocentric despots to become our heads of state and Congress. Once it is realized, I fear it will be too late. We are ill prepared to fight the “enemies” of the world, in large part because our leaders and their motley band of followers have become the generation of wannabe despots and dictators.

While I may not live to see what transpires in the next 10 to 15 years, my grandchildren will, and I weep for them. They will never know how glorious and strong a world leader the United States once was; they will know only fanaticism and internal enemies who will destroy this country. Wake up, America, before it is too late.

David Sanek, Canton, Ga.

THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

Include your hometown and a daytime phone number for verification. All letters published are subject to editing. Due to the volume of mail received, not every letter can be acknowledged.

The American Legion Magazine,
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Boys State alum's call to 'serve something higher'

When Rick Rivas had the opportunity to attend American Legion Boys State in Virginia in 2000, “it was something I was very interested in

doing,” says the Naval Academy graduate and executive officer of USS New York. “It was a great experience, and it continued me on my drive to want to serve something higher.”

Rivas grew up in a military family and now serves as second in command of *New York*, an amphibious transport ship that carries up to 500 Marines and their equipment. “My kids (three boys, 16, 14 and 12) realize, ‘Dad, your ship has other smaller ships come inside?’ Yeah. That’s pretty darn cool.”

Boys State was “a great experience” for Rivas, one he says he’ll never forget. Walking by Radford University in 2022 while Virginia Boys State was in session, he talked with delegates outside and shared his memories of the program – a favorite of which is “just the brotherhood,” he says.

In March, Rivas gave American Legion National Commander Vincent J. “Jim” Troiola and other Department of Virginia leadership a tour of *New York*. In the ship’s bow is 7.5 tons of steel recovered from Ground Zero after the 9/11 terrorist attacks. Hanging above the well deck is the single largest piece of steel from the World Trade Center that is in its original condition.

“(The ship is) very sentimental,” Rivas says. “Every time you walk on it ... you can never forget. That’s our motto.”

– Cameran Richardson



Photo by Gary Schacher



Photo by Gary Schacher

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'My honor to serve'

I am the Gold Star father of Cpl. Frank R. Gross, who was killed in action July 16, 2011, in Kandahar, Afghanistan. I am blessed to be a member of USS *Tampa* Post 5 in Florida, and it has helped me navigate the grief only a Gold Star family can understand.

Every time I attend a meeting or join the honor guard at a special event, I know I am there because of the great sacrifice our fallen have made on foreign soil. It is my honor to serve, and I appreciate all The American Legion does to preserve the names and honor the memories of the fallen.

Craig L. Gross, Oldsmar, Fla.

Fighting Weight

I would have been pleasantly surprised to read a hard-hitting article on the real reason why youth are shunning the service. Most won't join the military as they see all service branches being corrupted by woke nonsense, and diversity, equity and inclusion (DEI) training ordered by civilian leaders who never served a day in their lives. When I served, we already were "DEI." Regardless of sex, color and religion, we were, and always will be, brothers and sisters. This sense of service is being wrecked by culture warriors. How about an article addressing that?

Rick O'Brien, Albertville, Minn.

March down memory lane

I enjoyed the article regarding American Legion-sponsored drum and bugle corps (Lore of the Legion, June). In the late 1950s, I was a member of a corps sponsored by the Legion in Esopus, N.Y. We participated in competitions throughout the Northeast. Today's drum corps competitions are all flash, color and banner-waving, with most of the music performed standing in concert formation. The Legion-sanctioned events were presented in semi-military fashion, starting with a full uniform inspection and instruments. We were graded on marching and maneuvering as well as musical performance. These experiences served me well when I eventually enlisted in the Navy.

Bob Lang, Gilbertsville, Pa.

THE PLAYLIST

American Legion videos you don't want to miss.

Photo by Hilary Ott



Meet rising star Kyffin Simpson

Indy NXT driver tells what it means to him to break into professional racing and represent The American Legion on the track.

'We, as a society, need to do better'

American Legion Veterans Affairs & Rehabilitation Division Director Tiffany Ellett delivers emotional testimony on the urgency of suicide prevention.

Get ready for the Legacy Run

National American Legion Riders Chairman Mark Clark describes plans – and the reasons behind – the 2023 Legacy Run.

Visit legion.org/legiontv or subscribe to The American Legion's YouTube channel for these and other videos to view and share.



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Amount raised by American Legion Riders Chapter 39 of Valley Head, Ala., in a benefit ride for the family of a teacher who died in January. Additional donations pushed the total to \$2,250.



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Whereas ...

In 2019 *The Washington Post* released the results of a Freedom of Information Act request that would be known as the “Afghan Papers,” which included a series of interviews conducted by the Special Inspector General for Afghanistan Reconstruction (SIGAR) revealing that high-ranking government officials and generals generally held the opinion that the war was unwinnable while keeping this view hidden from the public ...

During the hostilities the U.S. had 2,456 killed in action, 20,752 wounded in action, 3.5 million exposed to toxic burn pits and spent approximately \$2.3 trillion in Afghanistan ...

U.S. forces spent 20 years and \$83 billion training Afghan National Security Forces, which collapsed in retreat from Taliban forces 11 days after full withdrawal of U.S. forces ...

Nation-building in Afghanistan and Iraq was the resurrection of a doctrine discredited in Vietnam that failed to deliver intended outcomes at the cost of hundreds of thousands of lives and billions of dollars ...

On Dec. 7, 2021, Congress passed the National Defense Authorization Act for Fiscal Year 2022, which contained Section 1094, establishing the Afghanistan War Commission to:

(1) “examine the key strategic, diplomatic and operational decisions that pertain to the war in Afghanistan during the relevant period, including decisions, assessments and events that preceded the war,” and

(2) “develop a series of lessons learned and recommendations for the way forward that will inform future decisions by Congress and policymakers throughout the United States government” ...

Be it resolved ...

The American Legion fully endorses the creation and implementation of the Afghanistan War Commission for its statutory purpose.

Passed, American Legion National Executive Committee, May 10-11, 2023

83

U.S. Flag Code inquiries fielded in May by the national American Legion Americanism Division



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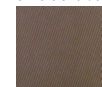
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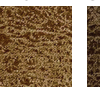
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Be the One symposium planned for convention

An inaugural Be the One symposium will be held during the 104th American Legion National Convention from noon to 5 p.m. on Monday, Aug. 28, in the NASCAR Hall of Fame Theater.

In support of its primary focus of reducing the rate of veteran suicide, The American Legion is gathering the nation's foremost thought leaders and experts on the issue for this special event. Retired Marine and American Legion member Waco Hoover is organizer of the symposium.

"I'm incredibly excited to see what this first year looks like," Hoover says. "It's amazing. Just to see the excitement and the energy build around this is pretty compelling. When you see that dynamic start to take hold, you get enough of the right people in a room and some extraordinary things can happen."

The program will feature various speakers and panel discussions, including:

- A fireside chat, "Cost of War: Stigma and Natural Consequences," featuring as speakers Army veteran Dr. David Rudd and retired Navy SEAL Dave Berkenfield, team manager for Extreme E, Chip Ganassi Racing.
- A panel discussion on traumatic brain injury featuring Dr. Ann McKee, chief of neuropathology at the VA Boston Healthcare System; and retired Navy SEAL Jason Redman, board member of the Concussion Legacy Foundation.
- A presentation by former Navy SEAL Marcus Capone, chief executive officer and founder of TARA Mind, who will discuss psychedelic-assisted therapy.

Check legion.org/betheone for the full schedule, list of speakers and how to watch the presentations.

- Henry Howard



"I was tested mentally and emotionally, but I am proud to have persisted through each setback. As I look toward the future,

I can't wait to apply the leadership, organization and communication skills I honed during my project in my future endeavors in Scouting, service and beyond."

Jackson Adams of Walla Walla, Wash., the 2023 American Legion Eagle Scout of the Year. For his Eagle Scout project, Adams designed and 3D-printed personal protective equipment for his local hospital after teaching himself the process online during virtual schooling. His campaign ultimately provided more than 2,000 "ear savers" to front-line workers fighting COVID.

NEW POSTS

East St. James Parish Post 171, Litcher, La.
Chartered May 17

Staff Sgt. Ernest G. Bucklew Post 239, Spring, Texas Chartered April 17

USS Iowa Post 797, Des Moines, Iowa Chartered March 9

Post 418, Spring Hill, Fla. Chartered Dec. 30

Laguna-Elk Grove Post 55, Elk Grove, Calif.
Chartered Dec. 8

Blue Sky Post 426, Lakeside, Mont. Chartered Oct. 3

Post 417, DeFuniak Springs, Fla. Chartered Sept. 29

Post 425, Canyon, Texas Chartered Aug. 16, 2022

Farris H. Davis Post 416, Moore Haven, Fla.
Chartered July 27, 2022

Post 722, Freeland, Mich. Chartered July 13, 2022

Col. William J. McGrath Post 2022, Olive Branch, Miss. Chartered July 13, 2022

Islander Post 229, Padre Island, Texas
Chartered July 13, 2022

Post 15, Vassar, Mich. Chartered July 12, 2022

Charles Horton Post 739, Marshalltown, Iowa
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How to hack your metabolism

Metabolism is the set of chemical reactions in your body that converts calories into energy and maintain cellular function. It is often used to describe our basal metabolic rate (BMR), the rate we burn calories while at rest. Your BMR is essentially the number of calories your body needs to survive at a rested state, performing involuntary processes like digestion and organ function.

While genetics plays a role, new research shows that metabolism is connected to body fat and has less to do with age and gender. The good news is that your metabolism is highly modifiable through diet and exercise.

- *Try time-restricted eating.* Our food habits are highly linked with our circadian clocks, and research suggests time-restricted eating could be a natural therapeutic strategy to prevent obesity and other metabolic disorders. Note: Avoid eating late at night.
- *Strength train.* It takes more energy to move muscle than fat, so increasing muscle tissue can increase our metabolic rate.
- *Increase brown fat.* The two main types of fat are white and brown. White fat accumulates when you ingest an excess of calories and your body stores them for use in a caloric deficit. Brown fat is full of iron-rich mitochondria and helps maintain body temperature. You can activate brown fat through cold therapy such as water plunges or cryotherapy.
- *Eat enough calories.* Nothing kills your metabolism faster than consuming too few calories long-term. Your ancestral survival instincts kick in, holding on to fat and slowing your metabolism to conserve energy. The answer is eating and moving more, not less.
- *Eat more protein.* Muscle protein synthesis is an important component of how the body builds and maintains muscle. It takes more calories to digest protein than fat or carbs and helps build lean muscle, increasing our metabolic rate.
- *Prioritize sleep.* Research shows that those who get less sleep may have lower metabolic rates.



Sleep is intricately involved in multiple hormonal and metabolic processes and is vital in maintaining metabolic stability.

- *Check hormone health.* Low thyroid function can slow metabolism. High cortisol levels from stress can induce metabolic changes and increase appetite.
- *Take vitamins.* Vitamins and minerals (micronutrients) are crucial to metabolism because of their roles in energy release and storage.

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is past commander of the California American Legion's 24th District and Hollywood Post 43.

HOW TO DETERMINE YOUR BMR

Your basal metabolic rate is based on your age, height, weight and gender. Calculate yours at calculator.net/bmr-calculator.html.

How to live with lactose intolerance

Identify which foods cause symptoms, adjust diet.

BY MARTIN SAYERS

Envato

An estimated 30 million to 50 million Americans are lactose intolerant, meaning they cannot properly digest lactose – a type of sugar found in milk and dairy products.

Lactose intolerance usually occurs when the body fails to produce enough lactase, an enzyme made in the small intestine that breaks down lactose. Besides milk and dairy products, lactose is often in products made with dairy – baked goods, processed foods like cereal and instant potatoes, milk-based meal replacement liquids and powders – and certain medicines.

Lactose intolerance can be temporary or permanent and can develop at any age, although many cases first occur between 20 and 40. It runs in families, so your risk is higher if your parents or siblings are lactose intolerant.

Symptoms may include gas, diarrhea, bloating, stomach pain and nausea, and usually develop within a few hours of consuming food or drink with lactose. If you're experiencing such symptoms, speak to your doctor. You may be asked to identify certain foods that cause the symptoms and take a hydrogen breath or lactose tolerance test to help diagnose the condition.

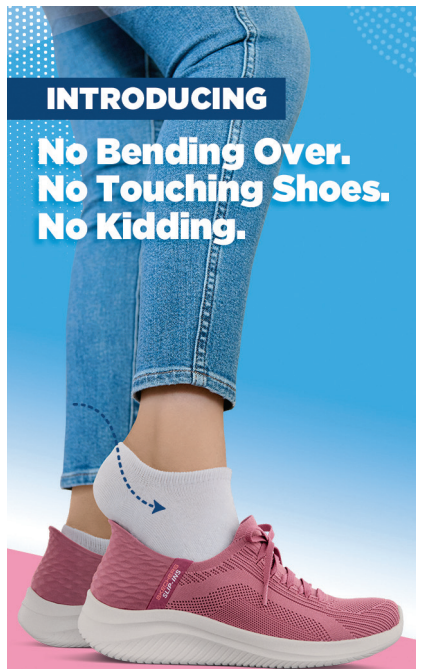
The best way to treat lactose intolerance is to manage your diet so you avoid consuming too much milk and dairy. But your body still needs calcium, so try eating other sources, such as leafy green vegetables (watercress, collard greens), tofu, soybeans and soy drinks with added calcium, dried beans and almonds. Milk and dairy are also important sources of vitamin D, so make room for other vitamin D-rich foods, such as eggs and fatty fish like salmon.

Martin Sayers is a freelance writer living in Cambridge, England. He specializes in health and nutrition.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

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Road map to post-service prosperity

Servicemembers, veterans find the commercial trucking industry a perfect fit for career, personal goals.

BY LAURA EDWARDS

Eric Macedo of Reedley, Calif., calls his truck his “baby.” He washes it every day.

A soldier in the California Army National Guard since 2018, he grew up in San Bernardino, wanting to go into law enforcement or the military. He took the military route, which has led Macedo down a road he never expected – as a commercial truck driver.

Assigned to the 1114th Transportation Company, his military occupational specialty is 91 Bravo: wheeled-vehicle mechanic. He’s also trained to drive a “4-man pack.” But it was the nine months Macedo spent deployed in Monterey doing COVID relief work that drove his interest in a full-time career behind the wheel. He started looking at his options and heard about California’s skills-test waiver for transitioning military personnel entering commercial trucking careers. His commander didn’t hesitate to recommend him.

Macedo has two years under his belt working for Werner Enterprises, a national transportation/logistics company that has been helping Task Force Movement (TFM) achieve its goal to strengthen the U.S. supply chain and fill important gaps in the economy with workers from the military-connected community.

A typical run takes Macedo some 200 miles from Reedley to Sacramento, where he gets a load of goods and heads to retail locations,



delivering cold items like milk and other dairy products to Dollar General stores sometimes “in the middle of nowhere.” In that role, he’s helping the economy and adding experience to his career, not to mention serving populations far from major grocery stores. It’s a job he knows is important: “People need food,” he says. The drives give him an opportunity to enjoy California’s weather and natural beauty.

Encouraged by the Guard, Werner and TFM’s mission, Macedo is helping solve a supply-chain problem that came glaringly to light during the pandemic when store shelves went unfilled across the country and goods awaited transport.

A natural fit The trucking industry still has between 60,000 to 100,000 more openings than drivers, and the shortage is expected to continue. TFM’s most recent report, “Life-Cycle Pathways for Military and Veterans into Trucking,” amplifies The American Legion’s goal to fast-track qualified veterans into



Eric Macedo's deployment doing COVID relief work with the California Army National Guard led to a full-time trucking career.

Photo by Jeric Wilhelmsen

specialized careers like trucking, where military experience can be converted into credits toward licenses and credentials.

The Legion has a seat on the steering committee of the Biden-Harris administration task force that ties together stakeholders including industry, education, veterans support groups and the Department of Defense. DoD has stepped up its efforts to assist transitioning servicemembers before they enter the civilian economy, TFM reports.

One approach is to secure skills-test waivers from states – what California offered Macedo, who sees truck driving as a natural fit for those who have served. “The military prepared me to be away from home during the week,” he says, pointing out that the discipline and responsibility of serving in the National Guard only add to his qualifications.

The waiver meant Macedo did not need to spend hours in a class that would teach him what he had already learned in the Guard. Werner was more than willing to give him an

opportunity, based on that experience.

“Werner’s really good to me,” Macedo says. His veteran status affords him not just more pay, but the company’s trust with equipment. Out of 10,000 professional drivers, Macedo is the youngest of only 25 who qualify for Werner’s elite Operation Freedom Fleet, based on military experience, speaking ability, public engagement and superior driving records. He travels to job fairs and school events to talk about the company’s career options for veterans and civilians alike, in and out of the driver’s seat.

Paychecks and progress Also working to help fill the shortage of drivers in the trucking industry and other sectors is DoD SkillBridge, which connects civilian employers with military personnel before they separate from the service. More than 330 SkillBridge programs are in operation.

At Fort Riley, Kan., the Teamsters Military Assistance Program (TMAP) and ABF Freight are partnering to train active-duty servicemembers



Brandy Ballay is a graduate of the Teamsters Military Assistance Program at Fort Riley, Kan., and now works for ABF Freight.

Photo by Schelly Stone

for the trucking industry once they get out, through SkillBridge. With more than 101,000 acres, Fort Riley has room for about anything the Army needs – including a building to house the program, and a concrete lot where students can practice driving in road-worthy trucks.

In May, a class of students was in its second week of SkillBridge training with an expected graduation in June. The young servicemembers were in street clothes, as were the trainers, veterans and former truckers themselves.

The program is eight hours a day, Monday to Friday, for six weeks, minus holidays. Classes are scheduled based on a student's expiration term of active-duty service and start date for an ABF job; the timing is such that they won't go without a paycheck.

Demand is high, and the roster of next year's students is already set. Tim Englund, an ABF trainer since 2012 and instructor for two co-teachers – Sven Kramer and Joshua Taylor – says servicemembers come to the program because “they do their research.” They already know what a career in trucking can offer them – particularly in the area of pay and benefits, a point TFM has advanced from the start.

Jerry Elam, program manager for military partnerships at ArcBest – the integrated logistics company ABF is part of – says that's important for those about to leave the service. “They're used to their benefits,” and a career in an industry with health insurance and retirement options is well suited for young veterans who “want to progress ... somewhere” after serving.

It's helpful to have instructors with both trucking and military experience, Taylor says. “We talk the same language.” They advise students on jobs based on where they want to live. He enjoys seeing their improvement between the first day and graduation.

ABF pays for the training. “We don't touch their GI Bill,” Kramer says. That way, young veterans can keep the education benefit for later or pass it on to a family member, he says.

Not all companies that train military-connected career seekers in trucking are legitimate. Elam knows of one that charged \$10,000 for four weeks of training and couldn't guarantee jobs for graduates – a big advantage when the training is attached directly to the hiring company. Kramer remembers a graduate who was not shown how to properly hitch a trailer to a tractor.

Over-the-road driving can be a great career for those who have known the rigors and pressure of military service, he says. “It's just you and the freight.” As a trainer, Kramer finds satisfaction in knowing there's a bright future for those who finish the program. “You know they'll have a pretty stable career and benefits.”

Job stability and security That word, “stable,” is heard a lot at TMAP, where students transitioning from the military want a job and career they can depend on.

Sgt. David Cortez of San Diego chose to train in trucking simply because he loves driving, he says. He enjoys that part more than the comparatively “dry” classroom. He looks forward

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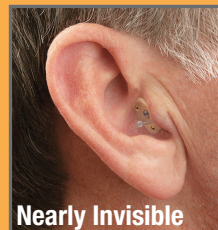
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Spc. Zachary Warden of Wichita, Kan., wants to support his family while seeing new places. He says he and his classmates “have helped each other every day,” and praises the instructors for their communication skills.

After practicing for a hazardous-materials paper exam at Fort Riley, students headed to the concrete lot – known as “the pad” – where they quizzed each other on their knowledge: the ability to clearly describe mechanical issues necessary to pass their state CDL tests, actual performance behind the wheel and more. All of it would be on the test.

Elam says about 800 military members have graduated from the TMAP program. In the past year, veterans, Guard/reserve members and military spouses have been able to access the program.

The DoD SkillBridge affiliation has attracted students from other branches as well, from jobs ranging from infantry to mechanics to aviation. Pulling them in is Tyrone Ray, a recruiter at Fort Riley and program alum. At monthly career fairs for transitioning servicemembers – alongside government agencies, law enforcement, and companies like Smithfield and Goodyear – he usually gets three or four students into TMAP. They’re highly interested in job benefits and stability, he says; one big misconception he tries to correct is that of the lonesome truck driver, living in a tractor and trailer they own, continuously driving between New York and California.

Companies like ABF know the benefits of employing military spouses, too. Zamariz Hernandez of Fort Carson, Colo., has been a recruiter with ABF for about a year, after working with the Army advising transitioning servicemembers on potential job placements – with companies that included ABF.

Her husband, Joseph, plans for at least six more years in the Army. Although the couple has not had to move since she started the new job with ABF, she says the company understands it’s likely they will move at some point. That’s where it’s good to work with a company that has employment across the country, so if a move is

Watch a video of Eric Macedo describing his vehicles: legion.org/magazine

Listen to Tango Alpha Lima Episode 164, featuring TFM Vice Chairman Dan Kunze: legion.org/tangoalphalima

required they have opportunities to evaluate at the new location. This is important for families like the Hernandezes, who start over every time there’s a new military assignment at a different location.

For those spouses, job security and stability are paramount. Hernandez says leaders at ABF understand that they have spouses, too, she says. Not having to worry about starting over with every move allows her to focus on the job itself, making sure both that the transitioning servicemember or spouse is right for the company and vice versa.

“A lot of times they joined (the military) right out of high school” and civilian experiences have to be explained, she says. “They have thousands of opportunities ... I want to make sure they want to do this.”

‘Kind of your own boss out there’ An alum of the Fort Riley program, Brandy Ballay of Glenn Heights, Texas, has worked for ABF for nearly two years. After accompanying a friend to take the Armed Services Vocational Aptitude Battery, and having a college softball scholarship fall through, she got a call from an Army recruiter.

Ballay served 24 years in logistics, including deployments to Korea, Kuwait, Afghanistan and Europe. The Soldier for Life program introduced her to TMAP, and working in logistics had acclimated her to the trucking industry.

“I always enjoyed driving trucks and stuff,” she says. “I figured, why not try it?”

Having spent a lot of time behind desks, Ballay was eager to “get out and do something more kind of individualized, rather than taking care of everybody else.” As a driver, “you’re kind of your own boss out there,” she says.

She has high praise for the Fort Riley class. “The instructors were extremely knowledgeable, being that they were prior service, too.”



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David Cortez and Zachary Warden review the pre-ride checklist on the training "pad" at Fort Riley. Photo by Laura Edwards

Beyond the foundation set by the training program, ABF makes mentorship available to newer truckers like Ballay, and a TMAP alumni Facebook page connects drivers and gives instructors the opportunity to check in.

Ballay's routes commonly take her to Albuquerque, N.M., Las Vegas, Denver, Birmingham, Ala., and other cities. She has a place on the "extra" board, which means she might be called and given options on what routes she wants to take.

"I get home and I get about 10 hours of sleep, maybe some more, and then I get called and (they) let me know what's available for me to take. And then I have two hours from the call, sometimes longer, to take that run."

As Ballay gains seniority, she'll climb that board and move to a more regular schedule. But as it is, "they're really flexible," she says.

Much of what she learned in the Army helps her in this new career. "If I break down somewhere, just the patience ... stuff happens that you can't control. That happened a lot in the military."

She sees herself sticking with trucking through to retirement. "Going to the military and having so many different responsibilities to doing this job - getting behind the wheel and going from point A to point B and making sure you're there in a timely manner - I really like it a lot." 🌿

Laura Edwards is associate editor of The American Legion Magazine.

Fort to fleet

Programs helping the military-connected community move into trucking include:

Teamsters Military Assistance Program

Connects transitioning active-duty servicemembers, veterans and military spouses with job opportunities from responsible employers. TMAP is partnering with ABF Freight in the freight trucking industry and FirstGroup in the passenger transport industry.

teamster.org/tmap

DoD SkillBridge Presents opportunities for servicemembers and others to gain civilian work experience through training, apprenticeships and internships. **skillbridge.osd.mil**

Military Skills/Knowledge Test Waiver Program

State driver licensing agencies (SDLAs) have the authority to substitute two years of experience safely operating trucks or buses equivalent to civilian commercial vehicles for the skills test portion of the commercial driver license (CDL) test. Military drivers must apply within one year of leaving a position requiring operation of a commercial vehicle. **www.fmcsa.dot.gov**

DoD Credentialing Opportunities On-Line (COOL)

The clearinghouse of each service branch's COOL site. COOL works to employ occupational credentials to enhance a servicemember's ability to transition to the civilian workforce upon completion of military service. **cool.osd.mil**

DoT Commercial Motor Vehicle Operator Safety Training Grant Program

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Sgt. Tom Nurre is pictured with his EC-47 crew that flew missions over northern Laos during the Vietnam War. Nurre logged 141 missions in these aircraft. Standing, left to right, are Capt. Adrian "Stu" Stuart, navigator; Lt. Sam Spade, co-pilot; Capt. Lee Croissant, pilot/aircraft commander; Nurre; Staff Sgt. Fred Holscher, Morse ARDF operator; and Sgt. Tim Decker, Vietnamese linguist. Kneeling is Tech Sgt. Jerry Hoag, Morse ARDF operator. Photo courtesy Tim Decker

Silent Warriors

For decades, Air Force signals intelligence specialists have quietly monitored the world's hot spots without acknowledgement or accolades.

BY KEN OLSEN

There was the poor kid without options, and the high school salutatorian who tried to flunk out of Russian language training. Some who dreamed of becoming mechanics, meteorologists or pilots, and others who had joined the Air Force to avoid the draft.

To their surprise, they were quietly selected to become linguists and Morse code specialists who eavesdropped on everyone from Cold War foes to shooting-war adversaries. Serving in ground-based listening stations or aboard specially equipped aircraft, they gleaned

advance notice of Soviet nuclear weapons tests from passenger airline radio traffic, helped locate enemy soldiers in the jungles of Vietnam, tracked the Palestinian Black September hijackers in real time, and had a front-row seat to many other tense and tumultuous world events.

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who are missing or killed – have largely gone unnoticed.

“Our contributions are invisible to the outside world,” says Larry Tart, author of the five-volume series about the U.S. Air Force Security Service titled “Freedom Through Vigilance.”

However, they are circumspect about their low profile and the lack of public acknowledgement. “I think some of the things I went through are still highly classified and always will be,” says David Husby, a member of American Legion Post 98 in Cumberland, Wis., who served both on the ground and in the air in Vietnam. “And I just think nobody has to know what we did. You certainly don’t want your enemy to know.”

Reluctant recruits Signals intelligence recruits like Husby and Tart weren’t chosen by chance. They scored well on language aptitude tests and passed rigorous background checks. During the Cold War, even having a relative who lived behind the Iron Curtain was disqualifying, Tart says. They rarely had their choice of language classes when they joined. Rather, they were

given a choice between volunteering to learn Vietnamese, for example, or being saddled with a much less desirable assignment.

Some still resisted. Tart told an Air Force career counselor he had no foreign language skills when he joined in 1955, having not even taken a high school French course.

“Basically I said, ‘I speak North Carolina country English,’” he recalls. He was told to sign up for Russian language training or become a security policeman.

He relented – and regretted it a few weeks into the intensive language course at Kelly Air Force Base in Texas. Students were required to learn 100 new Russian words a day and tested weekly. Tart, who was salutatorian of his high school class, initially excelled. “By the third week, I decided I couldn’t stand six months of this,” he says.

He quit studying and soon was failing. The language school superintendent delivered yet another ultimatum: Get back on track or become a cook or security policeman. “He got my attention,” Tart says. He passed the course and

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was one of only six in his class to earn a slot at the Army language school in Monterey, Calif.

David Sampson was assigned to weeding, cleaning and dorm guard duty after he refused post-boot camp language training. He had come to the Air

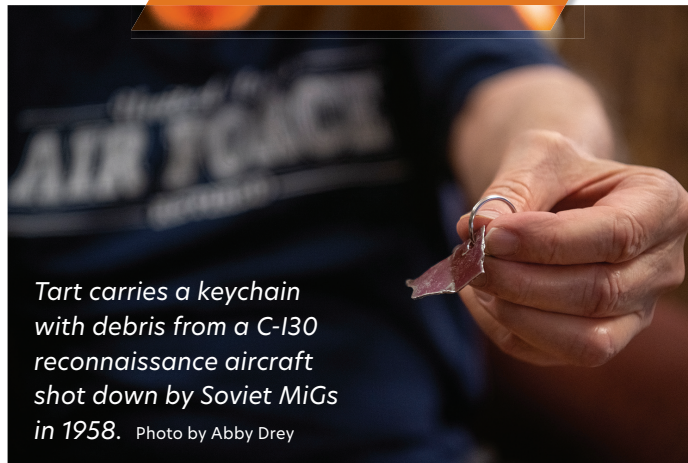
Force in 1970 hoping to train as a German linguist. But his group of recruits were told they could sign up only for Chinese or Vietnamese training, guaranteeing they would be sent to Vietnam, Sampson says. He declined. But one day while on guard duty, Sampson was whisked off base by two men in an unmarked car and taken to a facility ringed by three rows of concertina-wire-topped fences for what turned out to be a friendly chat. They struck a bargain. Sampson would attend Czech training in return for assurances he'd be stationed in Germany.

Sampson says he's not allowed to discuss the details of his work during his decade of service. "My best example is the Battle of Midway, where in World War II, intercept operators, code breakers, linguists and traffic analysts were responsible for setting up the victory that turned the war around," he says.

"Clearly, the heroic actions of the sailors and pilots involved were the direct cause of victory. But the campaign could not have happened without the Silent Warriors. Indeed, the contributions of the intelligence community have been just as invaluable in every war or police action since then."

Innovation, evolution The Air Force Security Service (USAFSS) was created in 1948 and today is part of the 25th Air Force. Tart started his career with the outfit as a voice-intercept operator with a ground-based squadron in England in 1956, monitoring Aeroflot passenger flights between Moscow and London.

"Although it was Soviet commercial aviation,



Tart carries a keychain with debris from a C-130 reconnaissance aircraft shot down by Soviet MiGs in 1958. Photo by Abby Drey

they used the same channels and (air traffic) controllers for VIP military flights," Tart says. As a result, his team was the first to alert U.S. intelligence agencies to the dates of pending Soviet nuclear weapons tests.

Tart's seven overseas tours

included postings in Germany, Japan and Greece. He volunteered for airborne duty along the way and flew signals surveillance missions along the edge of the Soviet Union, over the Mediterranean and in the Middle East in specially equipped C-130 and RC-135 aircraft. He intercepted radio communications of Palestine Liberation Organization terrorists' first commercial aircraft hijackings, including five passenger airliners the group seized during the September 1970 attempt to overthrow Jordan's King Hussein. He also monitored aerial dogfights between the Arabs and Israelis. And his crew was the first to discover Turkey had invaded Cyprus, intelligence that quickly made its way to the White House and the president's desk.

One of the most stressful missions of Tart's 21-year Air Force career was organizing the hasty evacuation of top-secret cryptographic equipment and Security Service aircraft from Athens after the Greek military overthrew the government, sparking worries they would seize the airplanes to use in a war with Turkey. "That's one of the times that got me excited," Tart says.

The USAFSS ran similar signals intelligence, reconnaissance and surveillance operations all over the world during the Cold War. Sometimes it entailed working from a nondescript U.S. intercept site in Turkey or at a bare-bones base in West Germany described as Bavarian Siberia.

"There was no 'typical day,'" says Jerry Mangas, who served in both locations. "Our work lives were often described as 95% boredom and 5% pure panic – except that in seven-plus years I never saw anybody choke."

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66	\$35.90	\$26.35	\$70.80	\$51.70	\$105.70	\$77.05	\$175.50	\$127.75
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72	\$47.70	\$36.00	\$94.40	\$71.00	\$141.10	\$106.00	\$234.50	\$176.00
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Hot zone The Silent Warriors were thrust into the middle of the shooting war in Southeast Asia, shadowing and supporting Air Force and Navy strike aircraft flying missions into North Vietnam and tracking enemy troops in South Vietnam. Bud Rosenstrom arrived in Da Nang in December 1965, one of only 10 linguists in Vietnam on flying status. “We were grossly undermanned,” he says.

They flew every day for the next 13 months with two linguists aboard their C-130 – one to alert U.S. pilots to North Vietnamese guided missile launches and another to alert them to the presence of enemy aircraft.

“You became hypervigilant,” Rosenstrom says. “It’s your job to protect them so nobody comes up on them. Your job is for them to be able to get in, drop a bomb and get out.”

He logged more than 2,000 flying hours that year, barely sleeping and subsisting mostly on C-rations supplemented by the canned tuna, peanut butter and pickles his sister sent; there was rarely time to visit the dining hall. “But none of us had it as bad as the grunts,” Rosenstrom says. “Those guys went through hell,”

It was the best year of his Air Force career. “We were able, through our monitoring, to save many pilot lives,” he says, although he worried about the planes that weren’t spared. He and other Silent Warriors were reassured by pilots they met at reunions in later years.

“The answer always was, ‘We heard you. But there was so much else going on: fighter planes, SAMS, AAA fire. We zigged when we should have zagged and got hit.’”

Husby not only flew similar missions but was part of an early effort to use C-47s to intercept communications from North Vietnamese and Viet Cong troops in South Vietnam. His group relayed the information to the 7th Air Force, which relayed it to the U.S. Military Assistance Command-Vietnam. “It wasn’t as real-time as we would have liked,” Husby says.

Yet it led to the development of the EC-47 program, which utilized World War II-era airplanes equipped with radio direction-finding equipment to locate low-power Viet Cong and North Vietnamese Army transmitters. “In terms of level of effort, there was nothing like the Air

Force EC-47 program before, and there’s been nothing since,” says Joe Martin, a Morse code intercept operator who flew some 250 EC-47 missions in 1970 and 1971.

Based at Saigon’s Tan Son Nhut airfield, Martin spent most of his tour flying over Cambodia, but also did aerial reconnaissance work over South Vietnam and Laos. “The whole purpose was to get real-time signals intelligence to the people on the ground so they could exploit it,” Martin says.

At the height of the Vietnam War, about 50 EC-47 missions were flown every day. They located an average of one enemy radio an hour, but the end results were mixed. “The North Vietnamese were not as stupid as we wanted them to be,” Martin says. “If we did find a transmitter, we didn’t necessarily pinpoint a headquarters, a regiment or a battalion. The radio might be hundreds of yards away, with land lines or even messengers used to forward the message for transmittal.”

He still loved flying and the work. But the most rewarding part was training Vietnamese servicemembers to take over as the United States prepared to withdraw from Vietnam. “I felt I could help make a personal contribution – to help them maintain their freedom – if, in fact, that’s what this war was about.”

The Silent Warriors’ official Air Force names and designations have changed over the decades, as have the technology and aircraft. But there’s still a version of these signals intelligence sleuths monitoring the world’s hotspots. Air Force and Army aircraft have been flying surveillance and reconnaissance missions along the periphery of Ukraine since 2014, Tart says.

The old guard and younger veterans sometimes share war stories at reunions. Their efforts largely continue in secret, without accolade or public acknowledgement. But there’s little regret from the Silent Warriors who served over the past 70 years, even from the most reluctant recruits.

“It grows on you,” Tart says. “You don’t want to leave.” 🌿

Ken Olsen is a frequent contributor to The American Legion Magazine.

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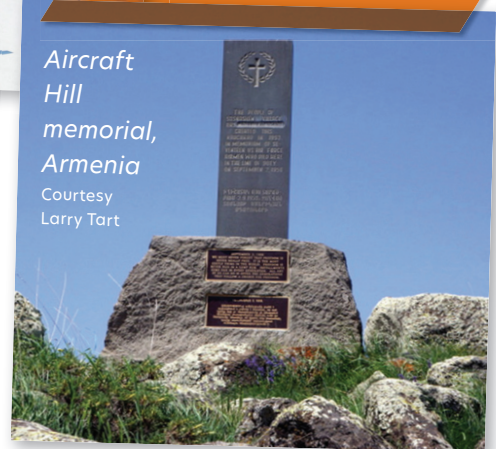
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Weyandt-Eddy Memorial Plaza, Goodfellow Air Force Base, Texas Courtesy Carl Bradley



National Vigilance Park, Fort Meade, Md. Courtesy Larry Tart



Aircraft Hill memorial, Armenia Courtesy Larry Tart

Killed in the line of duty

Every year, residents of Sasnashen village in Armenia hold a memorial service in honor of 17 American airmen killed when their USAFSS reconnaissance airplane was shot down by Soviet MiG-17s on Sept. 2, 1958. The C-130 was flying a Soviet surveillance mission over Turkey and inadvertently crossed into Soviet Armenian airspace, says Larry Tart, who flew similar missions during his 21-year Air Force career.

The villagers also dedicated a memorial at the crash site in 1998, one of a handful honoring Silent Warriors killed in the line of duty. Tart organized the creation of a separate memorial to the crew in National Vigilance Park at Fort Meade, Md. It was dedicated Sept. 2, 1997 – 39 years after the crash. The memorial was disassembled in 2017 for expansion of the perimeter around NSA headquarters, but will be resurrected on the grounds of the newly renovated National Cryptologic Museum nearby, says Tart, who co-authored the book “The Price of Vigilance” about the incident.

The crew’s remains are buried at Arlington National Cemetery. There’s also a memorial to those killed in the reconnaissance mission at the National Museum of the U.S. Air Force in Dayton, Ohio.

More than 50 Silent Warriors have died since 1953. Many were killed when their aircraft was shot down

by hostile fire. Others were lost when their reconnaissance aircraft disappeared – one over the Sea of Japan in 1956 and another over the Bering Sea in 1969. The sole female Silent Warrior to die in the line of duty, 1st Lt. Roslyn L. Schulte, was killed by a roadside bomb near Kabul, Afghanistan, in 2009.

Veterans of the EC-47 Airborne Radio Direction Finding (ARDF) program in Vietnam, meanwhile, helped organize the dedication of the Weyandt-Eddy Memorial Plaza at Goodfellow Air Force Base in Texas on Vietnam War Veterans Day 2022. The plaza was originally conceived by Air Force veteran Tom Nurre, who logged 141 missions in an EC-47. It is built around a replica of the aircraft with tail number 204, which flew the final Air Force ARDF mission of the war.

Nurre, a member of Smith-Bryant American Legion Post 572 in San Angelo, Texas, also coordinated development of an EC-47 ARDF exhibit at Goodfellow with a section honoring the 36 aircrew – including 17 Silent Warriors – killed in Vietnam.

There are two remaining EC-47s, says Joe Martin, who is active in helping preserve the program’s history. “One, ironically, is embedded in the Ripley’s Believe it or Not! building in Pattaya, Thailand, placed to look as if it had flown into the side of the building,” he says. The other, stripped of its radio direction finding gear, is in a museum in Seoul.

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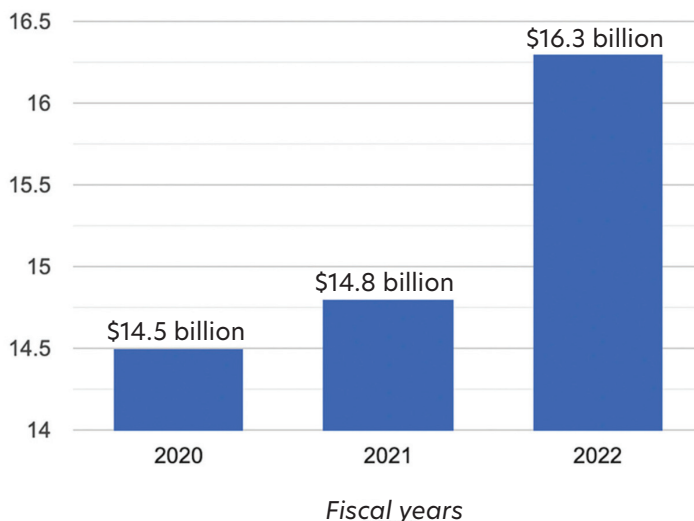
The American Legion's VA appeals and claims teams in Indianapolis and Washington, D.C., are on pace for a record year, and accredited Legion service officers nationwide secured \$1.5 billion more in disability compensation in 2022 than in 2021. American Legion service officers and appeals reps work free of charge.

Claims are expected to continue increasing, following passage last August of the Sgt. 1st Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act.

More than four months from the end of fiscal 2023, national staff representatives had processed 10,641 appeals from veterans who had disputed decisions from VA and achieved \$58.3 million in disability benefits. Those successes came after fiscal 2022's caseload of 13,967 appeals handled and \$75.4 million in retroactive benefits for them. Over the past five years, American Legion appeals reps have worked more than 52,000 cases, resulting in \$220,049,147 in overdue benefits.

The amount in disability compensation secured by some 3,000 accredited American Legion service officers jumped from \$14.8 billion to \$16.3 billion in 2022.

BENEFITS RECEIVED



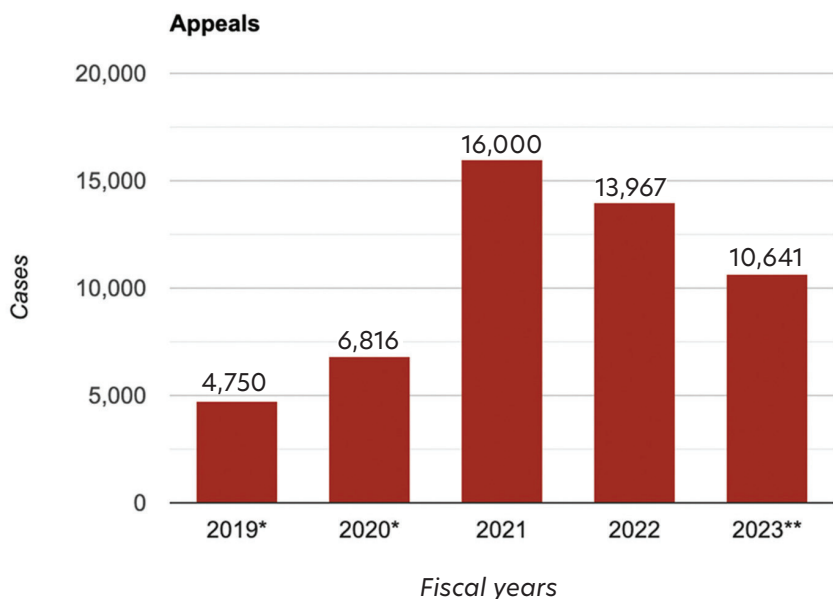
American Legion-accredited service officers throughout the nation and beyond handle upwards of **750,000 VA disability benefits claims** at any one time, all the time. Compensation to veterans who received free representation from The American Legion jumped by \$1.5 billion in 2022, with a greater increase expected in 2023 due to the PACT Act.



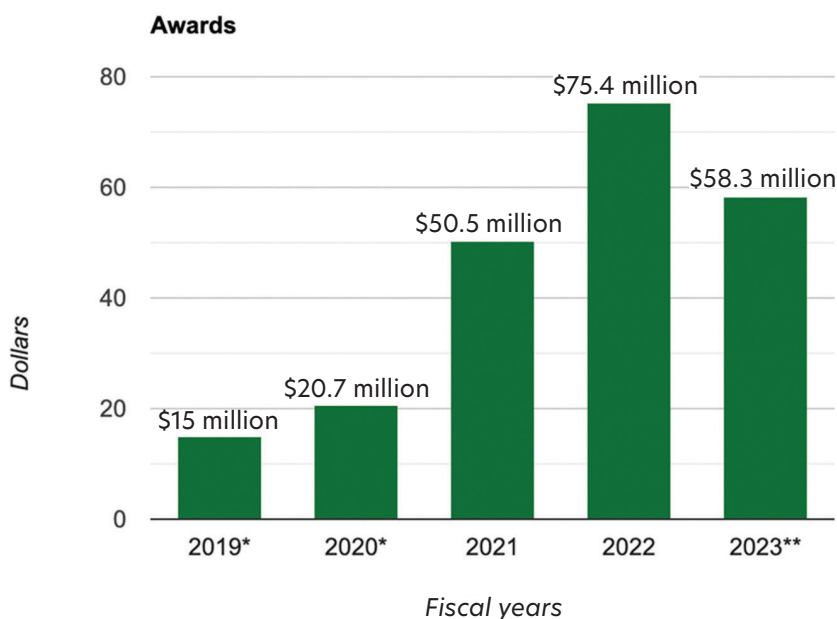
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APPEALS AND AWARDS

American Legion national staff appeals representatives in Indianapolis and Washington have handled **no fewer than 52,174 cases** and helped veterans achieve more than \$220 million in retroactive disability benefits over the past five years.



*Does not include cases and payments achieved by appeals representatives working in The American Legion's D.C. office
 **Through May 21, 2023



*Does not include cases and payments achieved by appeals representatives working in The American Legion's D.C. office
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Photo by Greg Latza



Photo by Hilary Ott



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40,608

Informal hearing presentations prepared free of charge by American Legion staff representatives for veterans appealing VA benefits decisions in 2021-2023

ON TRACK TO CHARLOTTE

The Legacy Run will pass through eight states on route to convention.



Registration is open online through Aug. 9 for this year's American Legion Legacy Run. The five-day, 1,100-mile ride will leave American Legion Post 6 in Kokomo, Ind., on Aug. 20 and travel through Michigan, Ohio, West Virginia, Virginia, Kentucky, and Tennessee before the final stop at the Hendrick Motorsports campus in Concord, N.C., on Aug. 24. Included will be a stop at Post 396 in Garden City, Mich., where the Legion Riders were founded 30 years ago.

"We're going to ride some exciting, historic motorcycle roads," Legacy Run Chief Road Captain Mark Clark said. "If you're a motorcycle enthusiast, this is the Run you want to be on because this is the one people are going to talk about for a long, long time."

This year's ride raises funds for the American Legion Legacy Scholarship Fund, which provides college financial assistance for children of U.S. military personnel killed while on active duty on or after Sept. 11, 2001, as well as for children of post-9/11 veterans with a combined VA disability rating of 50% or greater. Last year, a record \$1,324,548 was raised.

– Steven B. Brooks

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LORE OF THE LEGION

STORY: JEFF STOFFER
ART: AUSTIN POWELL
EDITOR: AUGUST UHL

THE LEGION CAR'S CARGO: AN 8-TON REPLICA OF THE FAMED LIBERTY BELL. CAST AT A 300-YEAR-OLD DUTCH FOUNDRY, THE REMAKE IS 7-FEET-5 INCHES IN HEIGHT.



THE JAN. 17, 1975, CASTING PARTY DRAWS MORE THAN 4,000 SPECTATORS TO THE TOWN OF AARLE-RIXTEL. DIGNITARIES INCLUDE HOLLAND'S PRINCE CLAUS AND PRINCESS BEATRIX.

AMERICAN LEGION DEPARTMENT OF FRANCE MEMBERS JOIN TO SEE MOLTEN COPPER AND TIN POURED INTO A MOLD SO BIG THE FOUNDRY BASEMENT HAD TO BE REBUILT.



THE U.S. BICENTENNIAL IS DRAWING NEAR, AND THE AMERICAN LEGION'S NATIONAL EXECUTIVE COMMITTEE MAKES A BOLD MOVE IN OCTOBER 1974 TO JUMP-START THE CELEBRATION.

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...GEORGE WASHINGTON'S COPY OF THE U.S. CONSTITUTION. THE ORIGINAL LOUISIANA PURCHASE AGREEMENT. JUDY GARLAND'S DRESS FROM "THE WIZARD OF OZ." REV. MARTIN LUTHER KING JR.'S ROBE AND PULPIT. JOE FRAZIER'S BOXING TRUNKS. *EVEN A MOON ROCK!*



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Leadership of liberation

Brig. Gen. Theodore Roosevelt Jr. saluted in Normandy.

American Legion National Commander Vincent J. "Jim" Troiola joined Chairman of the Joint Chiefs of Staff Gen. Mark Milley in early June for remembrances that paid tribute to military leadership necessary to succeed on D-Day and the march to victory in Europe during World War II.

Central to the week's events was the formal dedication of the completed "Statue of Liberation" honoring Brig. Gen. Theodore Roosevelt Jr., an American Legion founder who received the Medal of Honor for his actions at Utah Beach on June 6, 1944. The statue in Ste. Mère-Église was first unveiled June 6, 2022, by then-National Commander Paul E. Dillard. The 2023 ceremony - with more than 100 dignitaries and active-duty soldiers - included the unveiling of interpretive marble panels telling the story of Roosevelt Jr. The



Gen. Mark Milley, NASA Administrator Bill Nelson, Ste. Mère-Église Mayor Alain Holley, AVA President Maurice Renaud, American Legion National Commander Jim Troiola and Airborne Museum Director Magili Mallet gather at the finished Roosevelt Jr. statue. Jeff Stoffer photos

American Legion is lead sponsor of the Statues of Liberation project, along with Operation Democracy of Locust Valley, N.Y., Amis des Vétérans Américains of Normandy, the City of Ste. Mère-Église and the Airborne Museum in Ste. Mère-Église, with support from FedEx.

Ceremonies commemorating the 79th anniversary of the liberation included remarks at La Fièvre Bridge by the national commander, who spoke of Gen. James Gavin, Gen. Matthew Ridgway and Roosevelt Jr. who, he said, "shared common beliefs: that freedom is worth fighting and dying for, that leadership begins at the front (and) that it's a privilege and an honor to put your life on the line for the right reasons."

More than 30 World War II veterans (many 100 or older), including Louisiana Legionnaire Norris Morvant, were on hand. "I'm not only here for myself," he said at a parachuting exhibition June 4. "I'm here for the people who didn't come back."

- Jeff Stoffer



Commander Troiola meets up with members of the Amityville Highland American Legion Pipe Band of Long Island, N.Y., which performed at various locations in Normandy throughout the first week of June as part of the 79th anniversary of D-Day.

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A natural disaster is a devastating event that can have a lasting effect on you and your family. Be prepared with a plan to protect your personal financial and tax information.

- **Key documents** These may include recent tax returns, Social Security cards, birth certificates, deeds, insurance policies and medical records. Keep all of it in a waterproof container in a secure location. You may want to make copies and store the digitized files on a portable external hard drive in a safe deposit box or entrusted to someone in a different location.

- **Records of your valuables** Compile a list of your art, collectibles or other valuable personal property, and have photos or videos to catalog the items. These will help you support your claims for insurance proceeds or an applicable tax deduction.

- **Reconstructing records** If you are a victim of a natural disaster, you may lose important records that could be required for federal assistance or insurance reimbursement; these might require an accurate estimate of the amount of the loss. The Reconstructing Records page on [IRS.gov](https://www.irs.gov) is an excellent starting place.

- **IRS tax relief** Following a declaration of a disaster zone by the Federal Emergency Management Agency, the IRS frequently postpones tax filing and payment deadlines. If you are in a federal disaster zone, or not in a covered disaster area but impacted by a specific disaster, you may qualify for relief. More information is available on the IRS Disaster Relief page on [IRS.gov](https://www.irs.gov).

More stories about how to protect your present and plan for your future are available at legion.org/headlines/plannedgiving. Contact the Legion's Office of Charitable Giving at (317) 630-1225, plannedgiving@legion.org or legion.giftlegacy.com.

BERGMANN & MOORE: CAMP LEJEUNE JUSTICE ACT

Where are we now?

It's been almost a year since the passage of the PACT Act – which includes the Camp Lejeune Justice Act (CLJA) – and there is still much confusion about what it all means financially to veterans, family members and civilian contractors affected by toxic water.

Although the “how long” question still cannot be answered, there is a growing consensus that it is going to be a very lengthy process. The good news is that North Carolina's District Court (Eastern District) is putting pressure on the government's lawyers to settle many of these cases. With more than 60,000 claims administratively filed to date, it is believed that many thousands of potential claimants are still waiting to file. Those sitting on the sideline need to be warned that Aug. 10, 2024, is the deadline to file an administrative claim.

Q: I am quite ill and may not be here to collect any award if the case drags on as expected. Will my family be able to collect on my behalf?

A: Yes. To submit an administrative claim for a client acting as an agent for another, documentation showing authority has to be submitted with the administrative claim. A valid power of attorney, or similar document conferring the same authority, is required for someone who is living. For deceased claimants, state law varies on what authority (small estate affidavit, full probate, etc.) is necessary to ensure that the client representative is the proper party and has authority to file suit.

In September 2022, The American Legion entered a memorandum of understanding with Bergmann & Moore, LLC (B&M), a national law firm that has served the past seven years as the Legion's training and litigation partner, and has successfully represented more than 12,000 veterans and their families in VA appeals in federal court. The B&M litigation team offers claimants a 33.33% cap on both fees and litigation costs.



If you have questions about CLJA, call Liz Hartman at (252) 497-7255. If you're interested in filing a CLJA claim, you can speak to someone personally by calling (800) 898-9450 or filling out the form online at camplejunelitigationteam.com/al.

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ON POINT

THE AMERICAN LEGION IN WASHINGTON

S. 1469 – STOP STOLEN VALOR FOR SERVICE-DISABLED VETERAN-OWNED SMALL BUSINESS CONTRACTORS ACT

“Loopholes allowing small businesses to self-certify as service-disabled veteran-owned small businesses (SDVOSBs) cause impostors to take advantage of government contracting benefits exclusive for SDVOSBs. This has directly led to stolen valor and fraud against the American taxpayer.”

American Legion National Commander Vincent J. “Jim” Troiola, who joined the leaders of other organizations in support of legislation introduced May 4 by Sen. Joni Ernst, R-Iowa, and co-sponsored by Sens. Jerry Moran, R-Kan., and Rick Scott, R-Fla.

The American Legion has long supported the integrity of laws that give disabled veterans advantages in the pursuit of federal contracts. Ernst, an Army veteran and member of The American Legion, introduced S. 1469 to prevent unscrupulous entrepreneurs from falsely claiming disabled-veteran status to obtain contracts.

As ranking member on the Senate Small Business Committee, Ernst also introduced the Accountability in Women-Owned Small Business Contracting Act, which would apply similar oversight in the federal government’s goal of awarding no less than 5% of contracts to women-owned businesses.

At issue is a “self-certification” process that would be tightened to require certification from the Small Business Administration prior to the awarding of any contracts under the goal’s criteria.

The federal government has failed to meet prime contracting goals for SDVOSBs two of the past 10 years, and all of the past 10 for subcontracts.

In 2022, The American Legion’s National Executive Committee passed Resolution 22, calling for a “user-friendly veteran procurement database for use by all federal agencies” and that funding be provided to help them hit a 5% goal for service-disabled veterans.

3%

Share of federal contracts required to be awarded to small businesses owned by disabled veterans

Special PACT Act enrollment period ends in September

Certain post-9/11 veterans have only until Sept. 30 to enroll for VA health care under a special one-year window opened by the Sgt. 1st Class Heath Robinson PACT Act. To qualify for care for conditions related to toxic contamination, veterans who never before enrolled in VA must have served “in a theater of combat operations during a period of war after the Persian Gulf War” and must have been discharged or released between Sept. 11, 2001, and Oct. 1, 2013. Veterans who served “in combat against a hostile force during a period of hostilities” after Nov. 11, 1998, may also enroll during that period. Post-9/11 combat veterans who exited service on or after Oct. 1, 2013, have up to 10 years after their separation dates.

MY GI BILL VETERANS & EDUCATION BY VALERIE HEFFNER

Chapter 33 benefits and tutoring assistance

Q: *I’m enrolled in the nursing program at a community college in Montana, using my Chapter 33 Post-9/11 GI Bill benefit. We have many prerequisites to complete prior to enrolling in the actual nursing courses. Unfortunately, I did not pass chemistry last semester, and I re-enrolled for the fall semester. Does VA help pay for tutoring to so that I can pass the course?*

A: Because you are using your Chapter 33 benefit, you might be entitled to tutorial assistance. To receive this benefit, you must attend school more than half-time, be attending the course during the tutoring and be enrolled in an approved program.

The VA monthly rate may not exceed \$100 a month, and the maximum amount payable is \$1,200 per benefit program. You must complete VA Form 22-1990t at the end of every month and include the tutor’s signature. Once complete, take it to your registrar’s office and the form will be submitted to VA. The payment will be provided to you to assist with payment to the tutor.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. askvalerie@legion.org

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KEY DETAILS

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This exclusive, 99.9% Silver plated tribute begins with historic photographic imagery portraying joyful former POWs on their long-awaited flight home. Selective full-color accents recall the vivid hues of the U.S. Vietnam service ribbon. A golden "USA" privy mark accents the design. Proof-quality coining dies create its polished, mirror-like fields and raised, frosted images. It arrives secured in a crystal-clear capsule.

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THE JOB FRONT BY WENDY S. ENELOW

Does 'old' experience matter?

People usually think it's unnecessary to include work experience more than 10 years old in résumés or LinkedIn profiles. That's often not the case, and people shortchange themselves by not leveraging early achievements. Here are some things to consider:

- If you're pursuing a **senior management** position, you're expected to have more than 10 years' experience. If you omit everything prior, you haven't painted a full picture of your career. Older experience can be a plus for everyone, so include relevant information at the end of your résumé in a short paragraph or a few bullet points.
- If you're looking to continue your **military or government career**, include some information about your early positions if they're relevant to your current goals. Showcase notable job titles and/or ranks, honors and awards, military deployments and project highlights. Whether you include dates will largely depend on your age and how long you've been out of the service. Older candidates can often be overlooked, so don't share dates from the 1990s and prior, but do share notable items.
- If you're looking for a **corporate** position and have strong credentials from your early career, briefly summarize that information. You'll want to focus on one of four things that matter most: names of prestigious employers, impressive job titles and fast-track promotions, significant achievements, and awards, media coverage, public speaking and publishing. Most likely you will not include dates of employment for your earliest jobs since you don't want to instantly date yourself out of consideration, but do share your successes.

Let the value of your early experience work to your benefit as appropriate to your current career plan.

Wendy Enelow is co-author of "Modernize Your Résumé: Get Noticed ... Get Hired" and other titles.

wendy@wendyenelow.com



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Each American generates an average of **4.48 pounds** of trash every day. That equals **1,642.5 pounds** per American per year.

Sources: EPA/Best Life

Thomas to emcee convention

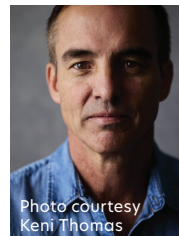


Photo Courtesy
Keni Thomas

Former Army Ranger Keni Thomas will serve as master of ceremonies for the 104th American Legion

National Convention in Charlotte, N.C.

Thomas was a member of Bravo Company, 3rd Ranger Battalion, during the 1993 Task Force Ranger operation in Mogadishu, Somalia, later immortalized in the book and movie "Black Hawk Down."

After the Army, Thomas enjoyed a successful country music career. His band Cornbread regularly tours with the USO. He has been recognized by Congress and the White House for his work on behalf of veterans and military families. He is also an Emmy-winning producer and bestselling author. He now works as a motivational speaker and leadership coach.

Download the convention app

The American Legion's national convention app is an invaluable tool for attendees, providing meeting schedules, agendas, maps, information about the host city, and the latest updates and news. The app is now the only source for much of this information, and is available to download free from the Apple Store or Google Play. Search for "The American Legion National Convention," or access them via legion.org/mobileapps.

Hold your convention event at a Legion post

The Convention Information page (legion.org/convention/resources) includes a list of area American Legion posts available to host events. Each listing includes contact information, capacity and driving time from the convention center.

Carowinds discount

The Carowinds amusement park outside Charlotte is offering a discounted one-day rate to convention attendees Aug. 24-27, Aug. 31 and Sept. 1. The park is open only from 5 p.m. to 10 p.m. on these days, except Aug. 26-27.

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Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the **So Lite™ Scooter**. Now there's nothing that can hold me back.

Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the **So Lite™ Scooter** is the most portable scooter ever—but it can



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- Lightweight yet durable
- Easier to operate

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Consider (or reconsider) SBP coverage

It's been about 18 years since the last Survivor Benefit Plan (SBP) open season. Retirees and other eligible members not enrolled in SBP or Reserve Component SBP may sign up until Jan. 1, 2024, and those enrolled may permanently discontinue their SBP coverage. Enrollees will be responsible for paying the premiums they would have paid if they had signed up when first eligible, plus interest.

While every situation is unique, here are five red flags that should have you heading to the Defense Finance and Accounting Service SBP open season landing page (www.dfas.mil) or Coast Guard Pay and Personnel site to learn more.

You lack critical protection. Many discussions of SBP try to compare the program to life insurance products. In reality, it's part of your overall financial plan. If you review the situation and determine that losing your entire monthly military retirement check would cause financial hardship, it makes sense to request the numbers. What will it cost to enroll?

You have health challenges. A terminal illness or scenario in which your life expectancy is significantly affected might make a seemingly big cost to enroll financially feasible. Let's say your military retirement is \$5,000 per month and you retired 10 years ago. I'd estimate it might cost you around \$40,000 to enroll. That's a big number. But if you were to die next year, your spouse would recoup that cost in SBP benefits in a little more than about a year.

You missed a window. This generally happens if you left the service without any beneficiaries. If you get married or have children, you have a year after the life event to sign up for SBP. If you missed that, this open season is an opportunity to sign up.

You didn't keep your end of the bargain. Perhaps when you retired, you anticipated that a new employment income combined with your military retirement check would turbo-charge your savings and investments, making SBP's protection irrelevant. Instead, life happened, and it took you longer than expected to land in the right spot (eating up financial reserves) or relocation and cost of living were more of a drain than you would have guessed. Maybe your investment moves were characterized by bad timing or never got momentum. Don't be afraid to revisit your SBP decision.

Lifelong inflation-adjusted protection seems more relevant. Priorities and perspectives change. I've often touted the stability and simplicity SBP offers for the beneficiary. It could be those characteristics sound a whole lot better as you've matured.

If one of these descriptions fits, there is time left to evaluate the open season opportunity and make a decision that works for you and your family.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. legion.org/usaa

Beijing calls in its loans

China's "debt trap diplomacy" is beginning to take a toll on poor countries to which Beijing has made loans, with many facing economic instability and even collapse, AP reports.

An analysis of the countries most indebted to China - including Pakistan, Kenya, Zambia, Laos and Mongolia - "found paying back that debt is consuming an ever-greater amount of the tax revenue needed to keep schools open, provide electricity, and pay for food and fuel. And it's draining foreign currency reserves these countries use to pay interest on those loans."



Unlike the United States and many Western countries, China is reluctant to forgive, ease or restructure the debt. "And its extreme secrecy about how much money it has loaned and on what terms"

has kept other major lenders from helping.

Millions of textile workers in Pakistan have been laid off due to the foreign-debt crisis.

Thousands of civil-service workers in Kenya are not being paid so the government can meet payments. Sri Lanka defaulted, triggering the loss of 500,000 industrial jobs and 50% inflation.

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Keeps you dry 24/7?	YES Can be worn comfortably, cleanly and securely for up to 24 hours	NO Must be changed regularly when they fill up or overflow — often every few hours
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Reduces the risk of infections?	YES More than 5 million Men's Liberty units have been sold, with reduced risk of infections or skin injuries	NO High incidence of diaper rash, sores, yeast infections and dermatitis
Invisible under clothing?	YES Men's Liberty is unnoticeable — only you know it's there	NO Awkward diapers can be ill-fitting, bulky and uncomfortable
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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, e-mail reunions@legion.org or submit information online at legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and email address.

Notices remain online until the final day of the reunion. Allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing twice a year.**

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for**

interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

Air Force Civil Engineers - RED HORSE and Prime BEEF Assn, Fort Walton Beach, FL, 10/23-27, Dave Corbett, (623) 687-8655, fwb2023@rhpb.com

ARMY

1st Bn 246th Armor, Decatur, MI, 10/7, Gary Sternaman, (517) 262-7108, adjutantgary@gmail.com.
3rd Armd Div, Austin, TX, 11/16-18, Larry Klauser, (847) 421-9585, larrymgdlite@gmail.com.
9th Inf Div E Co (Recon) 3rd Bn 47th Inf, Charleston, SC, 11/5-7, J.R. Johnson, (859) 229-6233, rj68ss396@aol.com.
18th MP Bde Sentry Dog Units, Phoenix, 11/10-12, Gary Smith, (313) 614-2503, puppypusher@att.net.
335th Radio Research Co (Vietnam), Branson, MO, 10/12-15, Jim Mossman, (513) 779-7145, jmossman@fuse.net.
630th Eng (LE) Co (Vietnam), Branson, MO, 9/14-16, Cecil Brown, (731) 415-6460, cecilnbrown@charter.net.
A Btry 4th Bn 42d Field Arty (Vietnam), Nashville, TN, 10/15-18, Steve Von Hagen, (516) 322-5382, steveh7@icloud.com.
Alpha Trp Assn - A/2/17th Cav, 101st Abn Div, Cocoa Beach, FL, 9/13-17, N. Keith Reed, (325) 518-2927; **Army Security Agency (Chitose, Japan)**, Charleston, SC, 9/13-17, William Mitchell, (989) 835-7803, mitchell4142@sbcglobal.net.
C Co 2/501st 101st Abn Div, Palm Springs, CA, 9/11-14, Mondo Galindo, (562) 536-6328, titanmondo@aol.com.
HHB 1/36th Field Arty (Reese Kaserne, Augsburg, Germany), San Antonio, 2/22-24, John Carrick, (989) 415-8534, carjoja@yahoo.com.
Nat'l Counter Intelligence Corps Assn, Huntsville, AL, 10/11-15, John Nolan, (256) 527-2510, 831xray@gmail.com

MARINES

5th Mar Div Assn, San Antonio, 10/4-8, Tom Huffhines, (817) 296-6487, huffhines74@gmail.com.
Basic School Classes 3/66 & 4/66, Other TBS Classes of 1966, Quantico, VA, 10/16-20, Jack Sheehan, (401) 255-0387, jacksheehanjtown@gmail.com

NAVY

Floyd B. Parks DD 884, Baltimore, 9/24-28, James Smith, (218) 766-2475, jwsmith@paulbunyan.net.
Forrestal CVA 59 & Air Grps, Tempe, AZ, 10/17-21, Bill Solt, (321) 362-5806, sisbill@aol.com.
Fort Snelling LSD 30, Mystic, CT, 9/10-14, Frank Cuccaro, (203) 667-6835, fcucc49389@comcast.net.
Hamner DD 718 Assn, Baltimore, 9/14-17, Patty Hathaway, (301) 262-5516, hamnerdd718@gmail.com.
John Young DD 973, New Orleans, 6/21-29, Michael Trotta, (727) 505-4222, reunion@dd973.org.
L.Y. Spear AS 36, Kansas City, MO, 9/6-10, Patty Kelso, (913) 677-1837, pattykelso@usslyspear.org.
Lake Champlain CV/CVA/CVS 39, Virginia Beach, VA, 9/18-20, Jim Brown, (914) 490-9662, goat1964@aol.com.
Manley DD 940,

Norfolk, VA, 10/4-8, Harold Kane, (609) 409-7737, manleypres940@gmail.com.
Nat'l Assn of Naval Photography, Washington, 10/5-8, Bill Solt, (321) 362-5806, sisbill@aol.com.
Nat'l Chief Petty Officers Assn, Las Vegas, 10/19-20, Lowell Heath, (601) 463-0073, senorchief43@yahoo.com.
Tolovana, Branson, MO, 9/18-22, Okie Baughman, (321) 795-3940, okie_baughman@yahoo.com.
Vance DE 387, Helen, GA, 10/8-13, Jim Ensley, (410) 442-9839, nununz@verizon.net

LIFE MEMBERSHIP

Post 117, IN: James Biddle, Odell Cantrell, John Clevenger, C. Kirby

IN SEARCH OF

16th U.S. Army Missile Det (Saarlouis, Germany, 1964-1966), Dan Fleming, (717) 652-8367, anneke51@comcast.net.
36th TFW (Bitburg AB, Germany, 1972-1974), Joe Paciorek, (210) 601-6307.
334th Comm Recon Co (Kafertal, Germany, 1951-1953), John Hasson, catjach@verizon.net.
867th FA Bn A Btry (280mm "Atomic Annie") (Neckarsulm, Germany, 1953-1956), James Degnan, (661) 294-0256, my4cam@aol.com.
A Co 1st Bn 16th Inf Div (Vienna, Austria, 1947-1948), Byron Wilson, (770) 963-1657.
Army Finance School Finance Procedures Course No. 4 (Fort Benjamin Harrison, IN, Aug-Sept 1965), John Haggard, (231) 342-2905, samhunts9@yahoo.com.
Army Personnel Ctr Finance Section (Oakland, CA, Nov 1965-March 1967), John Haggard, (231) 342-2905, samhunts9@yahoo.com.
MACV Advisory Team 21 (Pleiku, Vietnam, Jan-Sept 1967), Ken Kraft, (516) 429-6174, anchorkraft@yahoo.com.
Satterlee DD 626 (1943-1946), K.B. Smith, (479) 295-0839, sliderule@arkansas.net

TAPS

Alvin R. Brown, Dept. of Tennessee. Dept. Cmdr. 2005-2006, Nat'l Exec. Cmte. Alt. Memb. 2012-2014, Nat'l Exec. Cmte. Memb. 2014-2015, Nat'l Foreign Relations Cncl. Vice Chmn. 2004-2005 and 2012-2013, Nat'l Veterans Affairs & Rehab. Cmsn. Liaison Cncl. Memb. 2014-2015 and Nat'l Veterans Affairs & Rehab. Cncl. Memb. 2013-2014.
Charles D. "Danny" Bugh Sr., Dept. of Arizona. Dept. Cmdr. 2016-2017.
Virgil A. Hagel, Dept. of Nebraska. Dept. Cmdr. 1985-1986, Nat'l Distinguished Guests Cmte. Vice Chmn. 1986-1987 and 2005-2013, Nat'l Public Relations Cmsn. Memb. 1987-1990 and Nat'l Veterans Employment & Education Cncl. Memb. 2013-2015.
Marlin Tillman, Dept. of Iowa. Dept. Cmdr. 2009-2010, Nat'l Conv. Resolutions Assignment Cmte. Memb. 2008-2009 and Nat'l Security Cncl. Vice Chmn. 2005-2008.

Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

Legendary “special herb” gives new life to old joints without clobbering you. So safe you can take it every day without worry.

According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional “solutions.”

Leading the way from nature’s pharmacy is the new “King of Oils” that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

Biblical scholars treasured this “holy oil.” Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears’ attention is how modern medical findings now prove this “King of Oils” can powerfully...

Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief for joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the “King of Oils”—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

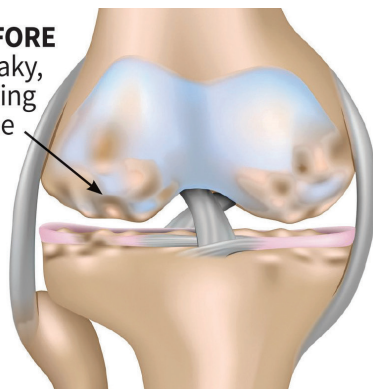
NK-Kappa B is like a switch that can turn 400 inflammatory genes “on” or “off.” A study in *Journal of Food Lipids* reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is “so powerful it shuts down the pathway triggering aching joints.”

Relief That’s 10 Times Faster... and in Just 5 Days

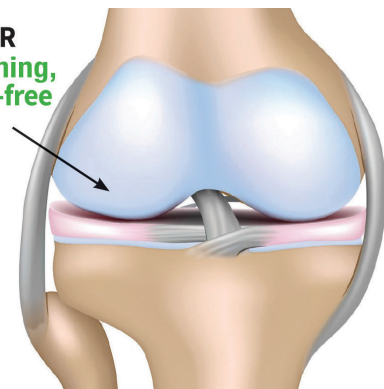
Many joint sufferers prefer natural solutions but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the *International Journal of Medical Sciences*, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, In-

BEFORE
Creaky,
aching
knee



AFTER
Soothing,
ache-free
knee



*The active ingredient in **Mobilify** soothes aching joints in as little as 5 days*

dian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen by typical solutions.

In addition, BMJ (formerly the *British Medical Journal*) reports that Indian Frankincense is safe for joint relief — so safe and natural you can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called **Mobilify**.

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with

soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two weeks after taking **Mobilify**, I had no knee discomfort and could go up and down the staircase.” Larry M. says, “After a week and a half of taking **Mobilify**, the discomfort, stiffness and minor aches went away... it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to **Mobilify** easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

How to Get **Mobilify**

Right now, the only way to get this powerful, unique formula that clobbers creaking joints in as little as five days without clobbering you is with Dr. Sears’ breakthrough **Mobilify** formula. It is not available in stores.

To secure your bottle of this breakthrough natural joint discomfort reliever, buyers should call with Sears Health Hotline at **1-800-341-7842**. “The Hotline allows us to ship the product directly to customers.”

Dr. Sears believes in this product so much, he offers a 100% money-back guarantee on ever order. “Just send me back the bottle and any unused product within 90 days, and I’ll send you your money back,” said Dr. Sears.

The Hotline will be taking orders for the next 48 hours. After that, the phone number may be shut down to allow them to restock. Call **1-800-341-7842** to secure your limited supply of **Mobilify**. If you are not able to get through due to extremely high call volume, please try again! Call NOW to qualify for this limited time offer provided at a significant discount. To take advantage of this exclusive offer use Promo Code: **AMLMB723** when you call.

***I once asked an alpaca for a favor.
It was no problama.***

AN OLD MAN thought his wife was going deaf, so he came up behind her and said, "Can you hear me, sweetheart?" No reply.

He came closer and said it again. He put his mouth up to her ear and yelled, "Can you hear me now, honey?"

"For the third time, yes!"

TWO PENGUINS were standing on an iceberg. One said to the other, "You look like you're wearing a tuxedo."

The other replied, "Who says I'm not?"

SOMETIMES age brings wisdom. Other times it comes alone.

A WOMAN was driving to work when she hit a pig. She was going to just drive away, but she thought better of it and called the police.

"Thanks for calling us," the dispatcher said, "but don't go anywhere. It's illegal to hit livestock in this state. That's a \$300 fine."

The woman hung up, got in the car and drove away. But when she got to work, a police officer was waiting with a \$300 ticket.

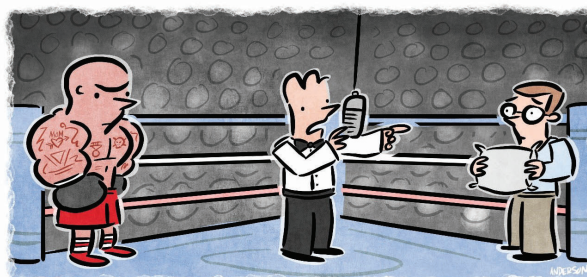
"How did you find me?" she exclaimed.

"The pig squealed."

A YOUNG WOMAN applying for a clerk job took a test that included the question, "What is the distance of the earth from the sun?"

She responded, "I am unable to state this accurately, but I don't believe the sun is close enough to interfere with the proper performance of my duties if I get this position."

And she did.



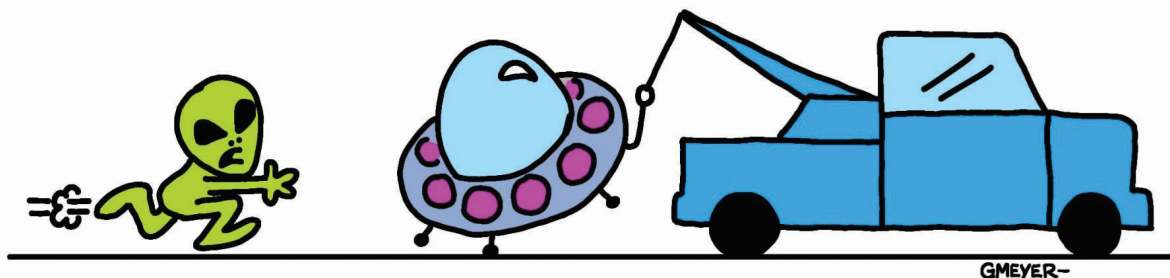
"And in this corner, wondering where he is, how he got here and what he's supposed to do with that pillow ... Louis!"

CARROTS really are good for your eyes. Have you ever seen a rabbit with glasses?

ONE COLLEGE STUDENT said to another, "My professor talks to himself. Does yours?"

"Yes," the other student replied, "but he doesn't realize it. He thinks we're listening."

"SOMEBODY actually complimented me on my driving today. They left a little note. It said, 'Parking Fine.'" – Tim Vine



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“

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– Patricia P.

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